

Pocatello

Arthritis Expo

When: Saturday, May 21, 8 a.m.-12:30 p.m.

Where: Southeastern District Health Dept.
1901 Alvin Ricken Drive

Arthritis seminars and information booths on pain management, relaxation techniques, a PACE demonstration and more.

For more information and to register call
(208) 239-5250



Arthritis Walk

June 4, 2005, 10 a.m.

Ann Morrison Park
Boise, ID

Call 800-444-4993

Or register online at
www.arthritis.org

Click on *Arthritis Walk* on the left side
of the screen

Idaho CareLine • United Way ★
2-1-1TM
Get Connected. Get Answers.
Dial 2-1-1 or 1-800-926-2588

To request a packet
of materials about
arthritis, dial 2-1-1.

Arthritis Month Idaho Events



*Honoring those who live with the
challenge of arthritis every day of
their lives.*

May 2005

Boise

Arthritis Information Fair

When: Tuesday, May 3, 3 p.m. to 8 p.m.
and

Arthritis 101 Seminar

When: Tuesday, May 3, 6:30 p.m.

Where: 700 W. State Street (Hall of Mirrors)

Find community resources, exercise programs,
and information for people with or affected by
arthritis.

To register for Arthritis 101 *only* call
801-536-0990

Gardening with Arthritis

When: Saturday, May 14, 9:30 to noon

Where: Idaho Botanical Garden
2355 N. Penitentiary Rd

Tips, Tools and Techniques to Garden with
Ease

Speakers

Maria Gabaldo, M.Ed., HTR, OTR Wellness
and Professional Programs from the Chicago
Botanical Garden

and

Rod Burke, Head Horticulturist-Idaho
Botanical Garden

To register call (208) 334-6585

Eagle

Golfing with Arthritis Seminar

When: Wednesday, May 25, 1:30 p.m. - 3 pm

Where: Howell Physical Therapy
951 E. Plaza Drive, Suite 120
Eagle, ID

For more information and to register call
(208) 336-9755 M-F

Twin Falls

Arthritis Education Day

When: Saturday, May 14, 9 a.m. to 1:30 p.m.

Where: South Central District Health
1020 Washington St. N.

Seminars on medication, pain management,
assistive devices, and more.

For more information and to register call
(208) 737-5946

Caldwell

Arthritis Information Booth

When: Saturday, May 14, 10 a.m. to 4 p.m.

Where: Caldwell Wal-Mart
5108 E. Cleveland Blvd.

For more information call (208) 455-5333

Nampa

Arthritis Information Booth

When: Saturday, May 21, 10 a.m. to 4 p.m.

Where: Nampa, Wal-Mart
2100 E. 12th Ave. Road

For more information call (208) 455-5333

